

Is It Safe to Speak Out?

If the following statements describe the situation you are in as a bystander, it might not be safe to speak out:

- The group is too big. They might gang up on me.
- None of the other bystanders look uncomfortable. I don't think I can get help from them.
- I do not have any friends or allies in the group who will support me.
- There are no adults nearby.
- I feel trapped.
- The person doing the bullying will not listen to me.
- The person doing the bullying is older or bigger than me.
- The person doing the bullying is not my friend.

Remember, if you're not sure if it is safe, get help from an adult.

Why Is This Part of the Solution?

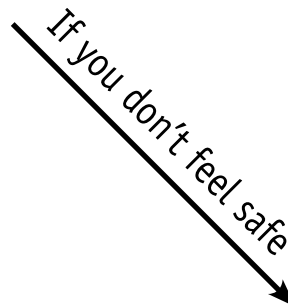
1. A bystander could refuse to watch a bullying situation.
2. A bystander could ask an adult for help with a bullying situation.
3. A bystander could talk to someone privately who's being bullied and offer to help.
4. A bystander could try to get other bystanders to do something other than watch the bullying.
5. A bystander could invite a person being bullied to join a group activity.
6. A bystander could encourage other bystanders to get involved and help stop the situation.
7. A bystander who is a friend of the person doing the bullying could encourage that person to stop.
8. Several bystanders could start hanging out with someone who is being bullied. They could become a protective group.
9. A bystander could save a seat on the bus or at lunch for the person being bullied.

You Decide

1. Read the situation on the strip together.

2. Ask, “Is it safe?”

Decide if it is safe to refuse first or if you need to report immediately. Write down your reasons.



3. Practice Refusing

Speak out to
refuse the bullying.

Practice Reporting

Make a report
about the bullying.

4. Ask, “What can we do now?”

Think about what else you could do to support the person who was bullied. Write down your ideas.